

DSC Handbook

DALLASTOWN SWIM CLUB

HANDBOOK

www.swimwildcat.org

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TEAM COACH: Gwendolyn Babcock (717) 309-5408

PHILOSOPHY

SWIMMERS

The DSC program is designed to achieve several goals: to promote both the mental and physical growth in every swimmer and to foster lasting friendships among teammates. It is the swimmer's responsibility to learn to budget time, set goals, and to do the best with the ability they have.

Winning is the desire to improve. DSC strives to make the swimming experience both fun and rewarding, so that the sport will be a part of their future as student athletes.

As a member of DSC, you will be instructed in the four competitive swimming strokes: Butterfly, Backstroke, Breaststroke and Freestyle. Learning to master new strokes is a significant accomplishment in itself and this will enable you to become a more diverse swimmer.

PARENTS

It is the parent's responsibility to get your swimmer to practice and to meets on time. Parents are encouraged to volunteer to work with the parent's organization, and to encourage and support not only your own swimmer, but all of the swimmers on the team. Cheering for all DSC swimmers is the best trophy you can give the team!!

Parents need to frequent the club's website for the most up to date information about the DSC activities, meets, practices and special activities. We also strongly suggest that parents not enter the pool area during practice periods to check on their swimmers or concern themselves with the coach's ability to coach. This will only confuse your swimmer. It is the parent's job to support the program...not to give swim instruction.

It is your responsibility as a swim parent, to make sure your child is on the pool deck and has checked in with their coach for their assigned events.

- Swimmers should be prepared and have their cap and goggles in their possession.
- Each parent will be given a list of events and event numbers at the beginning of the season.
- Assigned events will be posted before each meet.

Please make sure your swimmer is not socializing or playing in the locker rooms, hallways, or snack bar area at any time during a meet.

If there are any questions regarding the club, please direct all phone calls to either the Team or Head Coach. These folks will do their best to answer your questions and/or obtain answers for you within a timely manner.

COACHES

It is the coach's job to coach!! In the course of executing their responsibilities, the members of the coaching staff will also: be solely responsible for ensuring that swimmers receive appropriate instruction in competitive techniques, provide discipline and supervision during practice, place the swimmers into practice groups, determine team line-up for competition and inform each swimmer of the events they will be swimming prior to the start of each meet, supervise and conduct warm-ups before each meet, and provide a forum for communication with parents. The coach will also discuss the race with the swimmer and provide constructive comments for furthering the swimmer's progress. Please do not approach a coach during a practice session, coaches are always willing to discuss your child's swimming with you as long as it occurs at an appropriate time and place.

PARENT ORGANIZATION

Parent volunteers facilitate meet operations which allows the coaches to concentrate on the swimmers. We encourage everyone to volunteer in some capacity during the season. All work is shared among volunteers and in most cases, volunteering only requires a maximum of a few hours per week of your time. It is a great way to learn about the sport and meet other DSC parents. Please note that we encourage you to leave your post to see your child swim!!

Many parent volunteers are needed in order to run a swim meet. During a regular dual meet we need 12-16 timers, 2 finish judges, 2 stroke and turn judges, scorers, ribbon writers, snack bar food donations, snack bar volunteers and an announcer.

We can not compete without our parents' volunteer support. Clearances need to be obtained before volunteering. Please contact Coach Alicia or Coach Gwen for more information.

Volunteer Position Descriptions

ANNOUNCER (Volunteers needed: 1)

Duties include sitting at the scorer's table which is located on the pool deck, and announcing the names of the swimmers that are in the next race. You are only responsible for announcing at swim meets held at the Dallastown pool and during any special meets held at the Dallastown pool.

COMPUTER OPERATOR/MEET OPERATIONS/RECORDS (Volunteers needed: 1-2)

Responsible for running the computer during all home meets. Computer operator will be seated on deck and therefore get to see the entire meet.

OFFICIALS (Officials needed: 2-3)

Duties include officiating (meet setup, starter, stroke and turn judge) at both the home and away meets. You are required to be on deck for the entire meet. Officials are required to participate in

classes so that they may be trained and certified in accordance with league qualifications. If interested, please contact Coach Alicia or Coach Gwen.

RIBBONS (Volunteers needed: 1-2)

Duties include obtaining the labels containing the meet result information from the scoring table and then placing those labels on the back of the appropriate ribbons (1st, 2nd, 3rd place, participant ribbons, etc....) At the end of the meet, the ribbons for the opposing team are put in a bag and given to the coaches of said team. Ribbons acquired by our team are put in the individual mail folders so they can be distributed to swimmers at practice on Monday after the meet. During the home meets and the Divisional, ribbon volunteers sit at a table located on the pool deck.

TIMERS (Volunteers needed: 12-16 per meet)

Timers and Finish Judges are on deck for either the 1st half (event 1 -32) or 2nd half (event 33 through end of meet) of the meet. There are 64 events in a dual meet. Each timer will be responsible for recording the name and time for the swimmer in your assigned lane. You will receive instructions on how to properly operate a stopwatch. Timers will be required to attend a brief, instructional meeting prior to the start of every meet. We do need timers for both home and away meets, as well as for the Divisional, Invitational meets, Championships and All-Stars.

Timers and Finish judges can sign up on-line for each meet through the club website.

FORMS OF COMMUNICATION

PARENTS — Please make an effort to come into the building at least once a week (perhaps when you drop your swimmers off for practice) and check the tables in the pool lobby for important information and announcements! We will do our best to get any information out to you in a timely manner, so please do your part and retrieve it! All this information should be posted on our club website too.

WEBSITE

The DSC team website is www.swimwildcat.org. All information will be posted on the website as soon as it becomes available. The website is our primary form of communication to all DSC swimmers and families. It will contain important announcements from the coaches, practice schedule, time changes, swim meet schedules, directions, meet results and many other great links for information. All information that is posted on the lobby tables will also be available on the website. It may be beneficial to set this website as your internet home page during the swim season. This will allow you to read all the important updates as soon as you get online. The website is often updated daily with new information.

RIBBON FOLDERS

Each swimmer is assigned a ribbon folder. Ribbons and/or medals won at dual meets or invitational meets will be found in the ribbon folders. It is the responsibility of the swimmer to check the ribbon folder at least every other week to retrieve their ribbons. Ribbon folders are located in the pool lobby in bins.

E-MAIL

If you have an e-mail address, please provide us with that information. Some committee chairs may also use e-mail to contact volunteers. E-mail addresses will not be given out or used for any other purpose than those mentioned above.

SWIM MEETS

PROCEDURES

- Swimmers must be at ALL meets 15 minutes prior to warm-ups so that the coaches can take attendance
- Warm-up times are posted on the website
- When you arrive, please make your presence known with a coach so the meet line-up can be finalized.
- Swimmers are responsible for checking the posted line-up sheets either before or after warm-ups.
- The line-up will be posted on a sheet of paper for the swimmers on the pool deck.
- Swimmers MUST stay in their designated areas so they can be found by the coaches prior to swimming an event. If you need to leave the designated area, please let a coach know where you are going. Swimmers are expected to line up at least 5 – 8 events prior to the event that they are swimming
- Swimmers are not allowed to sit in the spectator areas.
- Swimmers should eat carbohydrates, cereals or vegetables if they are hungry during a meet, not candy or junk food. Swimmers should remember to drink fluids and stay hydrated.
- NO FOOD IS ALLOWED ON THE POOL DECK
- Swimmers may leave the dual meet when they have completed all their races but it is encouraged that you stay to cheer on your fellow DSC team or be available for last minute replacements in relays, etc...
- No parents or spectators may be behind the starting blocks or on the pool deck unless you are helping at the meet or have permission from a coach.
- No cameras with a flash may be used during the start of a race but may be used after the start

BEHAVIOR

This list identifies behavior that is expected of all DSC members – swimmers and parents!

- Please behave in a manner that generates respect. Swimmers and parents should remember that anytime DSC apparel or the team logo is worn, the actions of the wearer reflect positively or negatively on the image of the Dallastown Swim Club.

- Be courteous to officials and meet hosts
- Be a “good sport” – never bad mouth teammates, competitors, officials or coaches
- As a gesture of good sportsmanship, swimmers should remain in the pool until all swimmers have finished the race. Swimmers should offer congratulations or some other positive comment to competitors
- Accept the coach’s judgment since the coach has worked with the swimmers and knows the extent of their competitive ability. Opinions regarding the coach’s decisions should be addressed with the coach AFTER the meet and in private

EQUIPMENT

BATHING SUITS: Girls usually wear a one piece, racing style suit that is made out of a lycra material. Boys may wear either ‘jammers’ (bicycle/knee length) or a ‘brief’ style suit. A navy blue suit is encouraged for all meets and can be purchased at Flying Feet (1511 Mount Rose Avenue 845-2833).

GOGGLES: Goggles are not required equipment, but are highly recommended. Goggles not only help you see better underwater, but they also protect the eyes from the chlorinated water. If you wear contact lenses, you may wear your contacts under the goggles in order to aid your vision. A good pair of goggles will have a tight fit and should last a long time if properly taken care of. Dark goggles are recommended for outdoor meets to protect your eyes from the sun.

SWIMCAPS: It is required that swimmer(s) wear a DSC team cap at meets. Swim caps can be worn by both girls and boys. Swimmers choosing to wear a cap will receive one free DSC latex cap at the start of each season. Additional / Replacement caps can be purchased from the DSC at a nominal fee. If your swimmer prefers a silicon cap, they may be purchased for \$14 a piece.

DSC swimmers receive a 10% discount on swim products at Flying Feet!

DUAL MEETS, INVATIONALS, CHAMPIONSHIPS and ALL-STARS

- Please label all of your belongings!!
- IMPORTANT !! Swimmers are NOT allowed to wear any jewelry when competing or they will be subject to disqualification! This includes earrings, string bracelets, and body piercings!!

WHAT TO BRING TO A DUAL MEET:

- extra swim suit, cap or goggles
- 2 towels
- flip flops for the shower or to wear between events – all floors are slippery
- sweat suit, pajama pants or some type of warm, dry clothing to wear between events or to wear home
- water bottle or sport drink
- money for the snack bar

- restful activity or book
- soap and shampoo, ear, eye and/or nose drops, and baby powder for swim caps
- a dry change of clothes and a bag for any wet items

Swimmers are responsible for their own items.

FOR INVITATIONAL MEETS, CHAMPIONSHIPS AND ALL-STARS ADD:

- Old sleeping bag or blanket for the cafeteria / gym floor

PARENTS-WHAT TO BRING TO A INVITATIONAL, CHAMPIONSHIPS, ALL-STARS

- folding chair (for seating in the gym or cafeteria)
- money for snack bar
- newspaper or book
- coffee or water bottle
- pen or highlighter for programs (not needed for dual meets)

WHAT IS A DUAL MEET?

DUAL MEETS are held with one other team, for example DSC vs. Dover. Swimmers interested in participating in dual meets are required to sign-up on-line at www.swimwildcat.org no later than the Tuesday prior to the meet. Coaches arrange the events and relays the swimmer will participate in at the meet. Swimmers are informed of their events when they arrive for warm-ups. Most dual meets can last anywhere from 3 to 5 hours. There are 64 events in a dual meet.

HOW TO SIGN UP FOR A DUAL MEET

Meet sign ups are on the team website – www.swimwildcat.org. Instructions on how to sign up are also available on the website.

PARENTS must sign the swimmers up for each dual meet no later than the Tuesday prior to the meet. This deadline has been set because the coaches need to know who is available to swim so they have time to work on a line-up

If you are unable to use the on-line sign up, please contact a coach or to let them know whether or not you will be attending the meet that week.

In the event of an illness on meet day, please call a coach as soon as possible...no matter what time!! See the website contact information. This allows the coaches time to fill empty lanes and avoid scratching relays

WHAT IS AN INVITATIONAL MEET?

An INVITATIONAL MEET is a meet hosted by an individual team and is designed not only to provide competitive opportunities for swimmers but also to raise funds for the team hosting the event. Participants pay a small entrance fee, as well as a small fee for each event entered. Participants may come from many different teams and they can be of all ages and skill levels. Programs are available for an Invitational meet so it's nice to have a pen or highlighter handy so you

can keep track of which event(s) your child is swimming. Programs are never provided for dual meets.

HOW TO SIGN UP FOR AN INVITATIONAL MEET

Coaches will distribute any information pertaining to an Invitational meet; the information will be available on our DSC website also. Participation in Invitational meets is optional. You do not need to participate in an Invitational in order to be eligible to compete in Championships.

Swimmers may choose what events they would like to swim in an Invitational meet. Swimmers must pay a nominal fee per event and they also have the option to purchase t-shirts.

WINTER SESSION (Extra Meets)

WHAT ARE CHAMPIONSHIPS?

The CHAMPIONSHIP meet is held at the end of the winter season. You must swim at least 50% of the *dual meets* to be eligible for Championships. Swimmers may choose to swim in up to 3 individual events and 2 relays. However, relay participation will be determined by the coaches. Only 3 events/per swimmer for Championships.

HOW TO SIGN UP FOR CHAMPIONSHIPS

Coaches will distribute any information pertaining to the Championship meet; the information will be available on our DSC website also. Participation in Championships is optional but you must have participated in 50% of the *dual meets* to be eligible for Championships. Swimmers may choose what events they would like to swim at Championships. This is located the www.swimwildcat.org website and should be reviewed before submission. Swimmers can also have the option to purchase t-shirts. Parents are required to pay an entrance fee and you have the option to purchase a program. Participating swimmers get in free.

ALL-STARS

Swimmers qualify for ALL-STARS at the Championship meet. If you qualify for ALL-STARS, a link will be posted on the DSC website.

SUMMER SESSION – DSC swims in the CASL

WHAT IS A DIVISIONAL MEET?

The DIVISIONAL MEET is held at the end of the summer season. It is an invitational-style meet with all of the teams in our division. (There are 4 divisions in our summer league.) You must swim at least 3 dual meets to be eligible for Divisionals. Swimmers may swim in a maximum of 3 events. Relay participation will be determined by the coaches.

HOW TO SIGN UP FOR DIVISIONALS

Coaches will distribute any information pertaining to the Divisional meet; the information will be available on our DSC website also. Participation in Divisionals is optional but you must have participated in 3 dual meets to be eligible. Swimmers may choose what events they would

like to swim at Divisionals. Swimmers will have the option to purchase t-shirts on the registration form.

WHAT ARE ALL-STARS?

All-Stars is the league's Championship meet for the top swimmers from all of the divisions. Competitors for All-Stars will be determined from top times throughout the four divisions. To find out if you qualified for All-Stars you need to check the DSC website. The All-Stars meet is usually held the day after the Divisional meet.

MID-CAPS

This is the Mid-Penn Capital Area Championship meet for the summer season. This is the best of the WestShore, us, against the best of the EastShore. To qualify for this meet, a swimmer must have one of the top finishes in an event at the All-Stars meet. To see if you qualified for Mid-Caps you must check the DSC website. Mid-Caps are usually held the week after the Divisional meet.

The CASL – Capital Area Swim League posts all their information for these events also...the website can be linked to from www.swimwildcat.org or directly linked by going to www.swim-casl.org.

MEET CANCELLATION DUE TO INCLEMENT WEATHER

If a meet has been cancelled due to inclement weather it will be posted on www.swimwildcat.org as soon as possible and sent out in communication through the information you provided in Team Unify. In addition, a posting will be made on the Dallastown Swim Club Facebook Parent Page.

Please make sure you provide us with an accurate phone number and SMS Carrier (AT&T, Verizon, Sprint, etc.). This phone number will only be used for the purpose of notifying you in case of a cancellation or if an emergency occurs and someone needs to be contacted.

Order of Events

Event #	Event Name	Event #	Event Name
1	Boys 8 & Under 100 Medley Relay	39	Boys 9-10 100 Freestyle
2	Girls 8 & Under 100 Medley Relay	40	Girls 9-10 100 Freestyle
3	Boys 9-10 200 Medley relay	41	Boys 11-12 100 Freestyle
4	Girls 9-10 200 Medley Relay	42	Girls 11-12 100 Freestyle
5	Boys 11-12 200 Medley Relay	3	Boys 13-14 100 Freestyle

6	Girls 1—12 200 Medley Relay	44	Girls 13-14 100 Freestyle
7	Boys 13-14 200 Medley Relay	45	Boys 15-18 100 Freestyle
8	Girls 13-14 200 Medley Relay	46	Girls 15-18 100 Freestyle
9	Boys 15-18 200 Medley Relay	47	Boys 8 & Under 25 Breaststroke
10	Girls 15-18 200 Medley Relay	48	Girls 8 & Under 25 Breaststroke
11	Boys 9-10 100 IM	49	Boys 9-10 50 Breaststroke
12	Girls 9-10 100 IM	50	Girls 9-20 50 Breaststroke
13	Boys 11-12 100 IM	51	Boys 11-12 50 Breaststroke
14	Girls 11-12 100 IM	52	Girls 11-12 50 Breaststroke
15	Boys 13-14 100 IM	53	Boys 13-14 50 Breaststroke
16	Girls 13-14 100 IM	54	Girls 13-14 50 Breaststroke
17	Boys 15-18 100 IM	55	Boys 15-18 50 Breaststroke
18	Girls 15-18 100 IM	56	Girls 15-18 50 Breaststroke
19	Boys 8 & Under 25 Freestyle	57	Boys 8 & Under 25 Butterfly
20	Girls 8 & Under 25 Freestyle	58	Girls 8 & Under 25 Butterfly
21	Boys 9-10 50 Freestyle	59	Boys 9-10 50 Butterfly
22	Girls 9-10 50 Freestyle	60	Girls 9-10 50 Butterfly
23	Boys 11-12 50 Freestyle	61	Boys 11-12 50 Butterfly
24	Girls 11-12 50 Freestyle	62	Girls 11-12 50 Butterfly
25	Boys 13-14 50 Freestyle	63	Boys 13-14 50 Butterfly
26	Girls 13-14 50 Freestyle	64	Girls 13-14 50 Butterfly
27	Boys 15-18 50 Freestyle	65	Boys 15-18 50 Butterfly
28	Girls 15-18 50 Freestyle	66	Girls 15-18 50 Butterfly
29	Boys 8 & Under 25 Backstroke	67	Boys 8 & Under 100 Freestyle Relay

30	Girls 8 & Under 25 Backstroke	68	Girls 8 & Under 100 Freestyle Relay
31	Boys 9-10 50 Backstroke	69	Boys 9-10 200 Freestyle Relay
32	Girls 9-10 50 Backstroke	70	Girls 9-10 200 Freestyle Relay
33	Boys 11-12 50 Backstroke	71	Boys 11-12 200 Freestyle Relay
34	Girls 11-12 50 Backstroke	72	Girls 11-12 200 Freestyle Relay
35	Boys 13-14 50 Backstroke	73	Boys 13-14 200 Freestyle Relay
36	Girls 13-14 50 Backstroke	74	Girls 13-14 200 Freestyle Relay
37	Boys 15-18 50 Backstroke	75	Boys 15-18 200 Freestyle Relay
38	Girls 15-18 50 Backstroke	76	Girls 15-18 200 Freestyle Relay